

YOU CAN VISIT, BUT YOU CAN'T STAY SACKVILLE SEEKS HOTEL DEVELOPERS (page 3)

BRACE YOURSELF FOR A POP **EXPLOSION**

POLICE SEE HIKE IN VIOLENT CRIME BUT OVERALL OFFENCES

ARE DOWN (page 2)

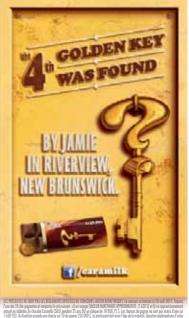


HALIFAX ® el

Tuesday, August 9, www.metronews.ca



News worth sharing.





Market spiral continues amid uncertainty

Collision course

New playoff format pits Halifax City against Dunbrack (page 16)

Honey, I've got an STI

And so could vou! B.C. launches e-cards to disclose infections {page 5}

Lovebirds live it up

Aniston, boyfriend soak up sun in Hawaii {page 11}

Feds 'ready to go' on centre, says MacKay

Next Monday marks seven months since original deal deadline for project



The province isn't commenting on reports a decision has been reached by the federal government on the proposed downtown convention centre project.

Premier's Office spokeswoman Jennifer Stewart said yesterday the government will neither confirm nor deny it has received a response from the feds. She said there's nothing new to report on the file.

But that's a different message than the one delivered by Defence Minister Peter MacKay in Halifax yesterday.

"There are issues that need to be worked out. We're ready to go," MacKay told CTV news.

"We're ready to make our position known."

MacKay didn't elaborate on what, exactly, that position may be. But developer Joe Ramia told Metro as of late yesterday he had-

Meeting

Premier Darrell Dexter and Defence Minister Peter MacKay met in Pictou last Friday to discuss a number of issues, including the convention centre and a proposed stadium for Halifax.

n't received a response from the province, which is taking the lead role in negotiations on the project.

Ramia declined to comment fur-

The province and the municipality are asking for a \$47-million commitment from the federal government for the project, previously estimated to cost \$159 million.

That price tag was tied to a Jan. 15 deadline for a deal. When Jan. 15 came and went with no deal, Ramia extended the deadline for 90 days.

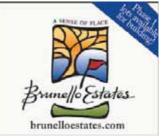
When that deadline was also missed, Ramia sent the project back for re-costing. The new price tag for the project isn't known.



Walk on something other than a career pat

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Rain puts a damper on performances

Rain-soaked cards wouldn't have attracted Gazzo's usual crowd on the Halifax waterfront yesterday.

The British magician, and all performers in town for the Halifax International Busker Festival, took the day off because of rainy conditions.

"It's a chance you take and everyone's aware of that," he said of yester-day's wet weather.

About 100 volunteers work the festival each night, so the call to cancel for the day was made early yesterday to save them the trip to downtown, said event manager Christina Edwards.

The performers decide themselves whether to perform.

Sixteen acts and about 40 vendors, selling everything from snow cones to wax hands, stayed home yesterday because of steady rain.

The poor weather may continue, as clouds are forecast for today and tomorrow with rain for Thursday, according to Environment Canada.

RACHEL WARD



From riding transit to public stigma, Canadians discuss challenges of living with epilepsy. Scan code for story.

- Download the free ScanLife app with your smartphone at 2dscan com
- 2 Use your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile browser to

On the web at metronews.ca



It's been a wild ride for markets recently, but investors would be wise not to panic. More at metronews.ca/investing.



HRM's violent-crime rate up

So far this year, incidence of violent crime has increased by 5% compared with 2010



Violent crime is up again in HRM.

Halifax Regional Police and Halifax RCMP released their second-quarter crime stats yesterday. They show violent crime is up nearly four per cent over the same period in 2010.

Violent crime was also up over seven per cent in the first quarter of 2011.

There were seven homicides between April and June compared to one during the same period last year. And there were 10 attempted murders compared to five in the second quarter of 2010.

But the good news is overall Criminal Code offences are continuing their slide down by more than six per cent in this quarter. There were far fewer break-and-enters as well as fewer cases of prostitution,

"We're going to start putting resources on trying to get people before we're onto the investigative side — a proactive approach of going after them when we know they have guns."

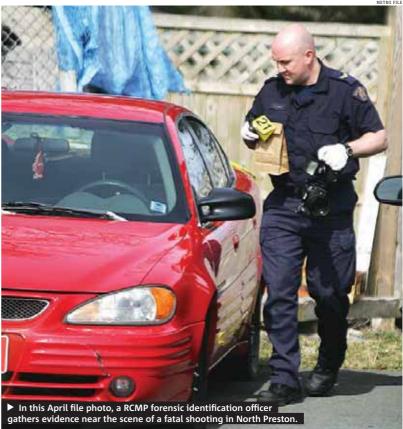
CONST. BRIAN PALMETER

weapons and assaults.

"Our crime-reduction strategy is working," said Const. Brian Palmeter with Halifax Regional Police.

"We have seen an increase in violent crime over the first two quarters of 2011, but this isn't shocking. It's disconcerting ... given the fact we've had an increase in homicides."

Charges have been laid in six of 12 homicides so far this year.



Charges laid in 2010 swarming attack

They're the first — and likely last — charges laid in relation to a swarming attack at the Halifax Common last fall.

Police arrested an 18year-old male on Saturday night in relation to a group assault at the Halifax Common last September. He was 17 years old at the time of the attack.

There were eight such attacks in the area last fall. Police believed there were connections between most of the incidents.

JENNIFER TAPLIN

Charges

Weapon. The man was charged with robbery, aggravated assault and assault with a weapon.

News in brief

Suspect turns himself in

CAR. The suspect who drove off with a Good Samaritan on the hood of his car has turned himself in to police.

The alleged thief was trying to flee in his car from a parking lot on

Lacewood Drive on Saturday when a man jumped on the hood of the car. He held on for about a kilometre before the car stopped to let him off.

Then, just after 10 a.m. yesterday, a 24-year-old man turned himself in to police. He will face charges of theft, possession of stolen property, dangerous operation of a vehicle and assault with a weapon.

METRO

LIBERAL LEADER

Inflation problem unresolved: **Opposition**

Opposition Stephen McNeil is accusing the government of failing to act on Nova Scotia's "broken tax sys-

McNeil, the leader of the Liberals, said the governing NDP have failed to fix a phenomenon called "bracket creep," where inflation pushes costs higher, but the personal exemption level and individual tax brackets remain the same.

That means inflation claws back more tax money every year.

While in opposition, the NDP and the Liberals supported a Progressive Conservative initiative that would index personal exemptions and brackets to inflation. • METRO

Winning Atlantic writers named

The Writers' Federation of Nova Scotia has announced the winners of the 34th Atlantic Writing Competition. The award for best novel goes to Charlotte Mendel of Enfield for her book Turn Us Again.

The short story prize goes to Gillian Osmond of Lunenburg for her story I Heard A Small

Singing.

More than 20 awards in six categories will be handed out at a ceremony next month at the Word on the Street Book and Magazine Festival in Halifax.

The other categories include children's writing, poetry, non-fiction and young-adult novel.

THE CANADIAN PRESS

Sackville will not rest until hotel study's over

• Provincial grant money received covers 80 per cent of consultant's hotel-feasibility report • Study should be finished by the fall



If you're having trouble booking a hotel room in Sackville, it's because there are none.

The last remaining holdout, the Downsview Motel, is now closed and slated for demolition to make way for a new commercial develop-

That leaves a community of 40,000 people without a hotel or motel, said Middle and Upper Sackville Coun. Brad Johns.

"We all know there's a need but when you're trying to attract (hotel developers), they want to see



"We're trying to say, look, there's probably justifiable business to locate it in Sackville."

COUN. BRAD IOHNS

stats and all that wonderful stuff before they buy into it," Johns said.

Enter the Department of Economic and Rural Development and Tourism. They granted Sackville Business Association \$10,749 to conduct a hotel-feasibility study.

Michelle Champniss, executive director of the Sackville Business Association, said she's hoping the study will show developers the business case for building a hotel in the area.

'We think there's certainly the demand there and we've heard that from a number of the residents," she said.

No hoteliers have committed to Sackville because there are a limited number designated sites for building a hotel in the area, Johns said.

"A lot of times the big hotel chains will locate in like Dartmouth

Visitors

NDP MLA Mat Whynott issued a statement about the study yesterday.

"Taking into consideration investments such as the new Margeson interchange on the 101 ... we will bring in more visitors and are going to require a convenient place for them to stay," he said in the statement.

Crossing and there's a new one in Bayer's Lake," said Johns, stressing HRM council has had nothing to do with this project.

Second fire burns in **Pictou Lodge**

It was business as usual at the Pictou Lodge vesterday despite the second fire at the Pictou County resort this summer.

Co-owner Burt Langille said the electrical fire was discovered around 10:30 p.m. Sunday in the laundry facility, about 100 feet from the main lodge. NEW GLASGOW NEWS

Police look into strait death

Police are investigating the apparent drowning of a 55-vear-old man from the Seafoam area who was found floating beside an overturned boat Sunday morning about a kilometre off the shore in the Northumberland Strait.

Two kayakers reported the incident.

NEW GLASGOW NEWS



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Pop Explosion lineup has fans 'really stoked'

- Growing music fest to run Oct. 18-22 at various venues
- HPX aims to increase capacity after record-setting 2010



The joke around the Halifax Pop Explosion office yesterday was they threw one really big launch party for this year's festival.

Hours before Broken Social Scene took the stage at MFest — put on by the HPX team at Alderney Landing on Sunday festival organizers revealed the first 40-odd bands coming to Halifax in October.

"We're pretty excited," said HPX executive director Jonny Stevens. "And the fans have responded. People are really, really stoked about the lineup."

Get in on the acts

The full initial lineup for the 2011 Halifax Pop Explosion can be found at halifaxpopexplosion.com.

The bands — including heavyweights like The Pains of Being Pure at Heart, F---d Up, Dan Mangan and Titus Andronicus - constitute a big chunk of this year's headliners. But Stevens hinted at a few more big announcements as the festival gets closer.

"We do have probably three more headliners to announce," said Stevens, refusing to go into greater detail. "One of them is going to be pretty big,

The Pop Explosion had one of its biggest years in 2010, with a cumulative attendance of over 17,300 people over five days. But Stevens said an emphasis for this year's festival is to build capacity to attract even more people something made more difficult after the festival lost one of its go-to venues.

"The Paragon closing down threw us for a loop. And then we were like 'OK, let's just go build a venue,'" Stevens said.

To that end, Stevens and his team have secured St. Antonio's Hall on Windsor Street for this year's festival.



Downpour sends driver into ditch

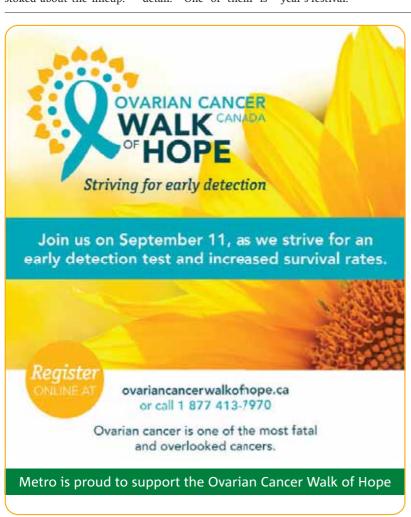
Outdoor concert

Advanced tickets go on sale tomorrow through ticketpro.com at a cost of \$25 plus service charges.

Frosh get Girl Talk

University students will be welcomed back to Halifax in September with an outdoor concert. Girl Talk,

a.k.a. Pittsburg's Gillis, will play a "frosh concert at Alderney Landing on Sept. 15. METRO





metronews.ca o5

New Tibetan leader sworn in

A Harvard-trained legal scholar was sworn in yesterday as new head of the Tibetan government-inexile, taking over from the Dalai Lama as the official leader of his people's fight for freedom.

Lobsang Sangay now confronts many challenges, including the fact that he is the first secular figure to lead the deeply religious Tibetan community. He was also born in the eastern Indian town of Darjeeling and has never visited Tibet.

The Dalai Lama, 76, announced in March he would be giving up his political role as leader of the Tibetan exile movement, though he would remain the spiritual leader of Tibetan Buddhists.

THE ASSOCIATED PRESS



Hey, you've got crabs

B.C. adopts e-card service to tell partners they may have an STI

• Anonymous service designed to make notifications easier



Looking for a way to tell that special someone they may have contracted a sexually transmitted infection?

Say it with an e-card. The B.C. Centre for Disease Control launched inSPOT yesterday, an online notification services for people diagnosed with a STI

BCCDC's Dr. Mark Gilbert says the e-cards ranging from serious notifications to humourous messages like "I got screwed while screwing, you might have too" — are designed to make the process of telling a partner they may be at risk less intimidating.

"It's heavy news to give someone no matter how they receive it," he said. "InSPOT can be a convenient and easy way to notify a partner."

Although the service was just launched in B.C., inSPOT has been operating since 2004 in the U.S. and some Canadian cities.

The e-cards also help people connect with local testing sites and clinics and provides access to public health



I got diagnosed with an STD since we played. You might want to get checked too, www.inspot.org

▶ InSPOT e-cards have defused some of the awkwardness of an uncomfortable conversation: discussing potential sexually transmitted diseases with a lover.

information.

The cards can be sent to up to six partners at a time and can be sent anonymously.

Gilbert stressed the service is just one option

available to people.

Physicians still encourage people to tell their partners about possible infections either directly or through a health-care provider.

News in pictures

PHOTOS

1. LEWIS WHYLD/THE ASSOCIATED PRESS

2. MARIO TAMA/GETTY IMAGES

3. MIKE SIMONS/GETTY IMAGES

RUNGROJ YONGRIT/THE ASSOCIATED PRESS



British police yesterday promised a "momentous operation" to arrest rioters after a weekend of vandalism and looting that erupted in a poor London neighbourhood.

Czech President Vaclav Klaus lashed out yesterday at 13 ambassadors for their petition in support of a gay pride festival in Prague. THE ASSOCIATED PRESS

A cougar that seems unafraid of humans has been spotted near a provincial park around Alice Lake, near Squamish, B.C.

THE CANADIAN PRESS

4

Yingluck Shinawatra formally became Thailand's first female prime minister yesterday. THE ASSOCIATED PRESS



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Somalia's child death toll climbs to staggering heights

The drought and famine in the horn of Africa has killed more than 29,000 children under the age of five in the last 90 days in southern Somalia alone, according to U.S. estimates. The UN says 640,000 Somali children are acutely malnourished, suggesting the death toll will rise.

Maternal death rate quadruples in South Africa: Report

● Between 1998-2007, maternal mortality rate leapt from 150 to 625 deaths for each 100,000 live births

One woman waited an hour and a half at the hospital, only to see a nurse who yelled that she was "lying about being in labour." Three hours later, her baby was stillborn. Another woman gave birth on the street, steps from a clinic that turned her away, saying her time had not come.

South Africa's maternal mortality rate has quadrupled while most African countries have improved theirs, according to a scathing report released yesterday by the New Yorkbased Human Rights Watch.

The report says some of the increase — to more than 4,500 maternal deaths a year — could be the result of better reporting and a massive HIV/AIDS rate that has 18 per cent of South Africans infected, some 5.7 million people. But the group says the health indicator also has worsened because of a lack of accountability, corruption

and poor health care.

Several other women recalled nurses telling them to "shut up" during labour, saying they had enjoyed the sex that made them pregnant so they should not complain about labour pains.

"All South Africa's good intentions, policies and strategies on paper won't save women's lives without strong accountability systems to make sure policies are carried out," said Agnes Odhiambo, the chief researcher for the HRW project

South Africa spends the most on health per citizen in sub-Saharan Africa at \$748 a year, and has infrastructure and expertise unrivaled on the continent. Maternity care is free, abortion is legal, and there is a system of confidential inquiries to assess levels and causes of maternal deaths.

Yet South Africa, sub-Saharan African's economic powerhouse, has no hope

Hospital probed

- One hospital is being investigated for 29 baby deaths within a few weeks in January, apparently from a superbug.
- The hospital had no gloves, disinfectant spray, soap or toilet paper.

of meeting the UN millennium development goals that require 38 deaths per 100,000 births by 2015.

South African Health Minister Aaron Motsoaledi told reporters he agreed with some findings in the report and that officials are "painfully aware" of the problems. But he added that he has been working for more than two years to lower maternal deaths.

Human Rights Watch interviewed 157 women, many nurses and community caregivers as well as health officials between August 2010 and April 2011.

THE ASSOCIATED PRESS

abortions and close a yawning gender gap in a country that already has tens of millions more boys than girls. The pledge is in the out-

China is vowing to

strengthen enforcement

to prevent sex-selective

The pledge is in the out line of a plan for childhood development through 2020 but has no specifics. The plan said authorities would increase efforts against the nonmedical use of ultrasound tests and abortion of fetuses based on gender.

Spurred by the onechild policy and a traditional preference for boys, sex-selective abortions have created a male-female ratio at birth in China of about 119 males to 100 females, with the gap as high as 130 males for every 100 females in some provinces. In industrialized countries, the ratio is 107 to 100.

THE ASSOCIATED PRESS



China vows to combat sex-selective abortions

Stormy Monday

Markets fall in wake of U.S. credit-rating downgrade

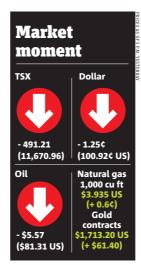
The Toronto stock market tumbled 491.21 points yesterday after the credit-rating downgrade of U.S. government debt served to further dent confidence that global leaders can stem worsening economic conditions.

New York markets fell hard, with the Dow indusplunging 634.76 points to 10,809.85. Overseas markets also fell sharply, with London's FTSE 100 index down 2.6 per cent, Frankfurt's DAX losing 5.02 per cent and the Paris CAC 40 down 4.68 per cent.

Adding to market uncertainty, Standard & Poor's vesterday downgraded the credit ratings of mortgage lenders Fannie Mae and Freddie Mac, which between them own or guarantee half of U.S. mortgages.

The move could mean higher mortgage rates.

"The big question mark now is whether you will see behaviour change (among investors and government leaders)," said Norman Raschkowan, a strategist at Mackenzie Financial, "That is what people are concerned about and why you have growing concerns about a double-dip recession." THE CANADIAN PRESS





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PM IN LATIN AMERICA

Brazil open for Canadian **business**

Prime Minister Stephen Harper began a fourcountry tour of Latin America yesterday by announcing agreements with Brazil on air transport, social security, Olympic co-operation and international development aid effectiveness. After meetings in

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Brasilia with President Dilma Rousseff, Harper also announced a business-leaders forum for Canadian and Brazilian executives. He said the agreements would promote the flow of people, goods and services between the two countries.

Asked about the turmoil in world markets yesterday, Harper urged calm, saying his government believes "a gradual recovery can continue. Our policies have been achieving that in Canada.... But obviously we have to do more.

THE CANADIAN PRESS





That's life on the line

U.S. is AAA-OK, **Obama says**

• Congress can fix its political dysfunction, he insists

President Barack Obama yesterday sought to downplay the lowering of the U.S. credit rating — the first in the nation's history — in an attempt to reassure investors and the public that American leaders need only show more "common sense and compromise" to tame a staggering debt.

Seeking to demonstrate command in a volatile economic climate, Obama said he hoped Friday's decision by Standard & Poor's would at least give Congress a renewed sense of urgency to tackle debt problems. He said that must be done mainly by taking on the politically difficult issues of reforming taxes entitlement programs.

Obama said most of the world's investors agree the



"Markets will rise and fall. But this is the United States of America. No matter what some agency may say, we've always been and always will be a triple-A country." U.S. PRESIDENT BARACK OBAMA

U.S. remains a wise place to put their money.

Still, stocks sank in trading yesterday as U.S. investors joined a global sell-off after the downgrade. THE ASSOCIATED PRESS

Thanks team, for innovation in action.

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Congratulations, and keep up the great work!



energy everywhere.





YOU MAY BE THE ONLY ONE **LIST-ENING**

SHE SAYS ...

IESSICA NAPIER METRO

You can learn a lot about a person from the way they

Most people limit their list making to the practical for grocery-store items, guest lists, packing checklists and other

routine to-dos

But I like to think that I take listing to a whole new level.

I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.

I make lists everywhere: on the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook

and often appear in this very column.

"They say a Sometimes my lists are incredibly organized - nupicture is worth merical, alphabetical, a thousand chronological — but most words, but a are completely haphazard tear-stained and almost entirely illegi**bullet-point list** While checklists are certitled Reasons to tainly the most sensible **Never Get Back**

form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and

After watching High Fidelity, I developed a habit

of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.

Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

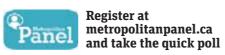
They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

••••• Read more of Jessica Napier's columns at metronews.ca/shesays



The best things in life are:



Local tweets



▶@Cools55: Think Peter MacKay just

walked into the HSBC building ion downtown Halifax, if it wasn't him it was his twin! Ha ha

- @ADeaco: Buskers later!... Oh wait I live in #halifax ,that means its pouring
- @lisaonblonde: 60mm of rain? Really Halifax? Ok bring it. At least the farmers are happy.
- **@plannedit:** It's raining so hard in #Halifax we have to get around using the Harbour Hopper

- ▶ @elliebramah: Kinda feel like #halifax should just cancel summer this year. #rainedout
- ▶ @superfluousAmy: Dear Halifax, you rain... a lot! are you sad? I could bake you a cake? chocolate ice cream? hugs? love Amy
- @bemino1984: Oh #Halifax, Best city in Canada, but with the worst weather. Bring back the sun!
- @KelseyPaterson1: Just had Cow's ice cream followed by a harbourfront walk...off to the Maritime Museum! Lovin' Halifax

Worth **Mentioning**

8-YEAR-OLD HACKERS. Few things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

For the first time, Def-Con included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets. THE ASSOCIATED PRESS

Cartoon by Michael de Adder



Egg-cellent discovery on Alaska coast

Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday they don't know what species the eggs are or if they are toxic.

They have sent samples to a laboratory on the East Coast for further

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat Eskimo

community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

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Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of Sesame Street. Sesame Street begins its 42nd season on PBS on Sept. 26. THE ASSOCIATED PRESS



Glee creators are scaring up an American Horror Story about marriage and infidelity.

Word travels fast on Wisteria Lane

Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross D Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of Desperate Housewives would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross

Only after that did she get the call from Housewives creator Marc Cherry.

Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

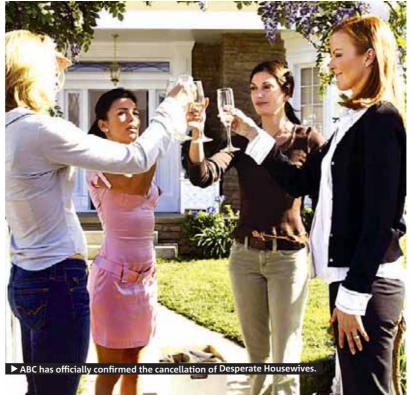
Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and viewer buzz.

At an ABC press party Sunday night, Huffman said she was sad that Housewives would be ending after eight seasons.

But she's also exhilarated by potential story lines



in the show's home stretch. In her mind, the troubled but so-farenduring marriage of Lynette and Tom (played by Doug Savant) might be on the rocks.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get

"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."

DESPERATE HOUSEWIVES STAR MARCIA CROSS ON THE SHOW'S CANCELLATION

over somebody is to get under somebody," she chuckled.

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."
THE ASSOCIATED PRESS



Lopez pours her woes

into work

Performer keeping busy following split from singer husband • Won't have to search far for inspiration with new role in mom-centric movie

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

'She is very relieved to be out of [the marriage], frankly," says a source.

"I don't think she is sitting around crying or wondering if she made the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Ex-

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on?





Aniston and Theroux act like a Maui-d couple

eroux are living it up in Hawaii leading up to Theroux's 40th birthday tomorrow, according to Us

The couple arrived last week and have spent their

Jennifer Aniston and her new boyfriend Justin Th- lunchtime retreats and attending a party at Ben Stiller and wife Christine Taylor's vacation home.

"When they left the store, Jennifer was massaging Justin's shoulders behind, and

turned around and said something that made her laugh hysterically," a source says of one of their shopping trips.

"They seemed giddy in love and genuinely happy together.

Quick Dish

He's once, twice, four times a father

BABY BOOM. Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a threeyear-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. METRO

Mila likes a guy she can giggle with

WHAT A GIRL WANTS. Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timber-

cities, I offered

her the job,

which

accepted."

Cowell

says, ac-

cording

tially she

Celebrity tweets





"Attention: My new birth date is August 14,

@MarthaPlimpton



"I'm so excited we're getting our own Depression. I always

felt jealous of my Granny and all her "Back in the Depression..." stories."

"Buy and read @AlecBaldwin

newspaper every day. In print or online, there is information

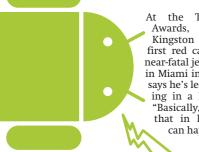
in newspapers you will never get from other media."



ry but I think she looks WAY better in a cupcake bra than I do.."

lake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised." metro

Singer bounces back after accident



the Teen Choice Awards, Singer Sean Kingston walked his first red carpet since a near-fatal jet ski accident in Miami in May, and he says he's learned a lot lying in a hospital bed. "Basically, I learned that in life anything can happen and you

have to count your blessings," the 21-year-old Jamaican singer tells People magazine. "You have to be cautious about what you



Cole still a little sour, Cowell says

Simon Cowell is opening Radar Online. "And then unfortunateup about exactly how when it went public, Cheryl the negotiations fell apart, so I thought she would be Cole's inmore comfortable doing volvement the U.K. show than the with the U.S edition of X American show. For cer-Factor fell tain reasons, [she] decidapart. ed not to." "After two And while the pair have

been friends and colleagues for years, the episode might have a lasting impact:

"She still grumpy with me, Cowell admits.

life

Cancer

Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair

THE CANADIAN PRESS

8 glasses a day? No way

Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits ● Find out why she argues it is all a myth



Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled wa-



ters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quali-

ty published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action.

She concludes: "There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

Canada's fatty new melting pot



CELIA MILNE
LIFE@METRONEWS.CA

Canada's bad health habits rub off quickly on immi-

grants.
"When immigrants first arrive in Canada, they are generally in better health than the nativeborn Canadians. But this health advantage deteriorates as they live in Canada," says Katerina

Maximova, assistant professor in the department of epidemiology at the school of public health at the University of Alberta in Edmonton.

Maximova and colleagues collected data on the heights and weights of 6,392 schoolchildren in 24 schools in Montreal over a five-year period. They compared how BMI increased among children born outside Canada, children born



in Canada to immigrant parents, and children born in Canada to Canada-born parents.

"What was most inter-

esting is that second generation immigrant children lost their health advantage very quickly, so that their BMI increases with age were similar to those of children of parents born in Canada," Maximova told Metro.

When they arrive in Canada, most immigrants initially settle in low-income, inner-city neighbourhoods, and those are the communities that

were included in the study. Unfortunately, such neighbourhoods have higher rates of overweight and obesity.

"As they integrate into Canadian society, they may adopt the unhealthy lifestyles of native-born Canadian that live in low-income, inner-city neighbourhoods, such as low levels of physical activity and poor diet," says Maximusta.

Renowned with good reason

name for themselves • The lunch spot also offers unique burgers and more

Emma's Eatery serves up signature fish cakes that have made quite a

Parmesan Pie Fries

Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped
- 15 ml (1 tbsp) olive oil

Cut out strips that are

about 1 by 7.5 cm (1/2

to 3 inches) wide using

a fluted pastry cutter

and gently place on a

parchment-lined bak-

Brush lightly with oil

and sprinkle with

Parmesan mixture.

Bake in preheated

oven for 12 to 15

minute or until pastry

THE CANADIAN PRESS/ TEN-

with water.

ing sheet.

is golden.

DERFLAKE

Preparation:

- Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.
- In a small bowl, combine garlic powder, Parmesan and parsley; set aside.
- Remove nie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened

LUNCH RUSH

VALERIE MANSOUR FOOD@METRONEWS.CA



Emma's Eaterv renowned for Signature Fishcakes (\$5)

and with good reason. On this day, the choice is mackerel or salmon. I choose salmon. Accompanied by a dill tartar sauce, they're well done with a crispy outside and soft in-

Emma's Eatery

31 Cow Bay Rd., Eastern Passage 406-0606 Social lunch: Yes Client negotiations: Yes Price range: \$\$ Rating: 3.5 out of 5



wish they were bigger. My Spinach Salad (\$10 combo) has alfalfa sprouts, blueberries, walnuts, grape tomatoes and goat cheese. The vinaigrette is flavourful Maple Dijon.

My pal ĥas Ĕmma's

with mushrooms, pickles, caramelized onions, cheddar cheese and curry mayo. He's not crazy about the curry mayo but it certainly creates a burger with a totally different dimension. The accompanying home fries are steaming hot.

An enticing hot apple pear crisp lands at a neighbouring table. We jokingly threaten to wander over with our spoons when we hear it's the last one.

TREAT MOTHERS EQUALLY



CHARLES THE BUTLER



ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT MACPHERSON.COM

Hi Mr. Butler: I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new for two months now and I'm wondering how long I can avoid meeting his mother. Please

say a year or longer!!! Daddy's Girl

Dear Daddy's Girl,

When I first read your question, I thought that you need to toughen up go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon further reflection, however. the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please

give your boyfriend's mother a chance; she just may turn out to be the fabulous mother in-law of your future! Ask your new boyfriend to share with you a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's companv!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@ METRONEWS.CA.



Ideas for your next date

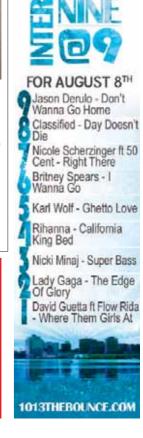
Climb the walls Strengthen your body and your relationship with a trip to the climbing gym. Talk about a challenge: Not only will you push yourself physically on your way to the top, but you'll also have to take a leap of faith and

trust that your (hopeful-

ly) strong-armed partner will keep you off the ground. Scared? Don't be. A one-hour training session will get you more than ready for this adventure. For a wall near you, visit indoorclimbing.com.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT **IDEAS**





Prof pens book on Cuban medicine

If you were asked which country exports more medical assistance to developing countries than all of the world's industrial countries combined, would your first answer be Cuba?

Probably not.

Unless you are John Kirk, that is. A professor at Dalhousie University for 33 years, Kirk currently teaches in the Spanish and Latin American Studies department.

Kirk has recently released a book entitled Cuban Medical Internationalism: Origins, Evolution, and Goals, which he co-authored with H. Michael Erisman of Indiana State University.

The book looks at exactly how and why it came to be that Cuba — a country of 11 million people, with a land area comparable to the size of Nova Scotia - has become one of the biggest exporters of doctors and medical care in the world, and a leader in the field of "medical internationalism." According to Cuban Medical Internationalism. Canadians can learn much about how to enhance our healthcare system from the Cubans. O JANE DOUCET

Return on investment and time

• Applied learning at college offers opportunity for students to put skills to use right away



College is becoming an increasingly popular education option for people eager to jump straight into the workforce.

Patsy MacDonald, registrar at the Nova Scotia Community College, says students want a quick turnaround.

"In two years for a diploma or one year for a certificate, they have skills right away and they can start working right away," she says.

"It's a return on their investment of money and time"

All of their programs feature "applied learning," where students use class-room theory in a hands-on work situation.

"A lot of our employers like that — they have done the work, as well as learned about it," she says.

NSCC is in close contact with employers to regularly update material so students always have skills to meet workforce needs. MacDonald says more than



70 per cent of NSCC students are working in their chosen field within one year of graduation.

Jim Reed is president of BC Colleges, an organization that represents 11 of the province's colleges. He says a key appeal of a college education is the looming labour shortage. Forecasts predict one million jobs will open up in the next decade and 78 per

cent of those will require post-secondary education.

"Not only are college degrees in demand, college is also less expensive than other post-secondary options," he says. Reid cites Canadian Federation of Independent Business statistics that demand for college graduates will soon outpace demand for university graduates by a ratio of 6-to-1.

NSCC green program receives national nod

One Nova Scotia Community College program has officially become greener. In July, NSCC's Natural Resources Environmental Technology program achieved national accredi-

tation through the Environmental Careers Organization (ECO) Canada. NSCC is one of 10 universities, colleges and technical institutes to achieve this ECO Canada standard.

The NRET program, which is offered at two NSCC campuses, focuses on environmental sustainability to prepare students for careers in resource and environmental manage-

ment. ECO Canada accreditation signals to students, educators and industry that this two-year diploma program meets rigorous environmental standards that connect industry with

academics. As NSCC graduates of this program enter this growing sector, they will be nationally accredited as Environmental Professionals in Training (EPt).

• JANE DOUCET



'Budget' doesn't need to be a terrifying word

Mention the word "budget" to some people and you'll likely be met with cringes and winces, the kind usually seen from dentists' chairs.

It's not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money.

And most of the time we have no idea.

While it takes discipline to plan and implement a good budget, it doesn't have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

Budgeting blues

Some of the key reasons budgets don't work is because the person:

- lacks a clear understanding of their actual financial situation
- is unaware of their actual day-to-day expenditures
- hasn't defined their financial needs, interests, objectives and goals
- has gotten carried away by debt and has allowed their savings to lag



How to get back on transportation, ments, retirements

It's important to remember that the initial process of setting up your budget will require a bit of effort, but it's worth it in the long run.

Keep it simple: Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives: Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to reach your financial goals and projects.

Be realistic and specific about your spending: Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing,

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible.

Stay organized: Save all of your receipts and track them against your budget.

Be prepared: Allow for unplanned expenses like emergencies, occasional expenses like holidays, birthdays and other unforeseeables.

To learn more about creating and sticking to a budget, speak to the manager of your credit union,

bank or financial advisor.

EDITOR'S NOTE:

Alison Griffiths will be back next week with her On Money column.

MARKET MADNESS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS CA



Feel like you're on a roller coaster with your investments? I definitely did

last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of "double dip recession" float through the media stirring up anxious conversation.

I certainly don't want do downplay last week's market losses, but frankly it's unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to invest-

ment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

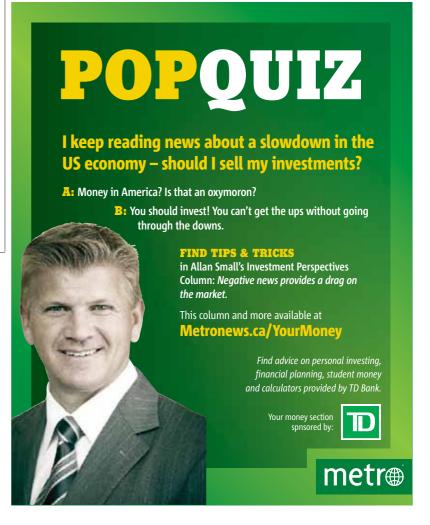
Sure, it's natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the troughbottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly 'beaten down'.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.







Oshawa Ont., latest to confirm to NBL

The National Basketball League of Canada has approved a new franchise based in Oshawa, Ont., for its inaugural season.

The expansion franchise will join the league's founding teams — the Halifax Rainmen, Saint John Mill Rats and Quebec Kebs — when the league tips off its 36-game schedule in early November.

The team, which will be

named via an online contest, will play out of the 5,113-seat General Motors Centre, home of the Oshawa Generals junior hockey team.

The six-figure franchise fee has been paid, the lease agreement signed and a basketball floor is being purchased, according to interim league president Andre Levingston.

"It's one step closer to

the goal," Levingston said. "We're excited about the (ownership) group, the city of Oshawa and we're looking forward to them, and everybody, playing in the league this year."

The four-man ownership group features Toronto actor Mark Taylor, who appeared on the television show Flashpoint as Lewis Young and in Student Bodies as Romeo. It's hoped additional expansion franchises will be established in Moncton, N.B., London, Ont., and somewhere on Prince Edward Island.

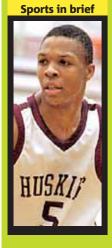
Levingston said another team is expected to be confirmed today.







City, Dunbrack set to clash



Joey Haywood is leaving the Saint Mary's Huskies to pursue a professional basketball career. The reigning Atlantic University Sport MVP recently competed at the NBA D-League's national tryout in Louisville, Ky. Haywood, a six-footone point guard. set the AUS singleseason scoring record last season with 575 points.





New format pits first versus second in Page playoff → Potential for intense rematch in final



A new Page playoff format could add to the drama of the EastLink Premiership men's soccer post-season.

With longtime rivals Halifax City and Halifax Dunbrack recently clinching the top two spots in the standings, the new format could set the stage for some intense battles at Mainland Common later this month.

City and Dunbrack clash in the 1-2 Page playoff game on Aug. 20 and could have a rematch in the final on Aug. 23.

The loser of the initial 1-2 matchup goes through an extra semifinal and the winner earns a direct bye to the final.

"The whole idea is to get the best team to nationals," said City head coach Mark Sweetapple. "There are various ways to do that and they've decided they're going to try this. We're fine with it — whatever the system, we'll show up and play."

City hasn't lost in 13 outings this season, going 7-0-6 to clinch first overall. It's a far cry from last summer, when the team followed up its sixth provincial title in seven years by missing the playoffs.

Dunbrack, the defending provincial champion, is 7-4-2.

"We've had a good rivalry with them," Sweetapple said. "We've had a lot of tight games in the playoffs, some exciting games, and they've got a very good team. I'm sure both teams are gearing up to get

Canada off to rocky start in Czech Republic

Canada's under-18 men's hockey team lost 5-1 to Sweden in the opening game of the Ivan Hlinka memorial tournament in Breclav, Czech Republic, yesterday.

Chicoutimi Sagueneens forward Charles Hudon, last year's QMJHL rookie of the year, had the lone Canadian goal. The number of consecutive gold medals Canada has won at the Ivan Hlinka memorial tournament. They've won six of the past seven golds.

Canada faces the Czech Republic today and Switzerland tomorrow. The playoffs begin Friday. • METRO



Sports in brief

Shrider named NSSBL player of the week

BASEBALL. Dartmouth pitcher Codey Shrider of the Kentville Wildcats has been named the Nova Scotia Senior Baseball League's Cleve's player of the week. Shrider helped the Wildcats sweep the Sydney Sooners, earning a save and a win while chipping in with a double and a single of his own.

METRO

Tigers land another Hagen

SOCCER. The Dalhousie Tigers men's soccer team has recruited Mark Hagen. He is the younger brother of Ross Hagen, four-time Atlantic University Sport all-star with the Tigers. Local high-school graduates Aaron Hoyle, James Nearing and Jason Ross are also joining the Tigers.

METRO

Early upsets at Rogers Cup

• Qualifiers Galina Voskoboeva, Simona Halep win as underdogs • Vancouver's Marino ousted

Galina Voskoboeva started a trend of upsets on the first day of the women's main draw at the Rogers Cup in Toronto.

The qualifier from Kazakhstan eliminated No. 9 seed Marion Bartoli of France 6-3, 6-3 in firstround action yesterday just hours before 19-year-old Romanian Simona Halep rallied to take out 12th-seeded Svetlana Kuznetsova of Russia 4-6, 6-4, 6-3.

Germany's Julia Goerges followed suit by easily dispatching No. 15 seed Jelena Jankovic with a 6-1, 6-3 victory.

Voskoboeva said going up against a top-10 seed didn't intimidate her.

"I'm pretty confident right now," she said. "I was not that nervous, you know, against who I was playing, so I just knew that I can play good and that's it."

The Canadian contingent lost a member when Rebecca Marino bowed out against Ekaterina Makarova in a tight battle. The 20-year-old from Vancouver was defeated 7-6 (8), 6-4, by the Russian, leaving only three Canadians remaining in the singles draw.

"I didn't come out winning, but I think I did a really good showing for my first time," Marino said.

Marino was bolstered by a crowd of flag-waving supporters as she and Makarova covered the court with long rallies. Marino came back from 5-0 in the first



set tiebreaker to make it 6-6 before eventually giving in to the 23-year-old from

"I wanted to show some tenacity and fight and I think I did that," said Marino. "I blew (the tiebreaker) but that's in the past and I can't fix it, I just have to look at it as things to learn from."

The second set was equally close with both players hitting the ball tentatively and taking few chances. With Marino down 5-4 and serving, the two went back and forth until Marakova finally won on her fourth match point.

It was Marino's first appearance in the Rogers Cup main draw after three separate attempts in qualifying.

Kuznetsova made 50 unforced errors to lose control of her match and send Halep to the second round in the young qualifier's Rogers Cup debut.

The 55th-ranked Halep,

who advanced to the main draw after defeating Toronto's Sharon Fichman in final-round qualifying Sunday, rebounded after dropping the opening set to stun the 15th-ranked Kuznetsova.

The 26-year-old Voskoboeva is ranked 135th in the world and came into the match fresh off a semifinals appearance at the inaugural Baku Cup in Azerbaijan. Her careerbest ranking was No. 64 in

February 2009.

Bartoli struggled with her serve, giving away four double-fault points, while Voskoboeva capitalized on her opportunities by winning four of her six break points.

Canadian women still scheduled for first-round matches include Aleksandra Wozniak of Blainville, Que., Stephanie Dubois of Laval, Que., and Eugenie Bouchard of Westmount, Que. THE CANADIAN PRESS



Canadian underdog gives No. 21 a scare

He ranks 290th in the world, trains without a coach and had never before played in an ATP World Tour event

But that didn't stop Canadian tennis player Erik Chvojka from delivering a scare yesterday to No. 21-ranked Alexandr Dolgopolov — a feat that thrilled a boisterous pro-Canuck crowd at the Rogers Cup in Montreal.

Chvojka, a 24-year-old from the Montreal suburb of Kirkland, battled hard against Dolgopolov's slicing backhands, before falling 6-3, 5-7, 6-4 at Uniprix Stadium.

"It was a beautiful day for me today," said Chvojka, who, as a kid, often watched his tennis idols play live at the Montreal event

Chvojka's match, which drew chants and rumbling cheers from the partisan crowd, was an early highlight on the opening day of the men's tournament.

THE CANADIAN PRESS



HELP WANTED

Part Time/Temporary/Seasonal

Here We Grow Again

Metro News requires a delivery driver in the Halifax area who is available during the hours of 3:30 am to 8:00 am Monday to Fri

The succesful candidate will have insurance as well as a large car or small van/truck and who is capable of heavy lifting.

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- ----- Josp T nam Where Hova Scotia Comes to Savel 469-9050 • DDODGE.COM



2010 Dodge Charger RT 5.7L Hemi, Auto, paded, power sunroof Suede, Nav, only 3000kms!!

#DC293766



Power Options, Sun roof, Leather, Alloys, only 54K

#CH201314 \$19,977



2010 Chrysler Town & Country Touring 4.0L V6 Auto, Loaded Doors Grp, Low km

2006 Dodge Caravan SE 3.3L V6 Auto, PW, PL, passenger Seating, only 60K. Showroon

2008 Jeep

Wrangler Sahara

4x4

3.8L V6 Auto, PW, PL, Kyls, Alloys, only 61K Go topless for another

#11GV3747A \$10,977



\$21,977

#CH290515

\$13,977

#11JU0769AA

2007 Jeep

Patriot Limited 4X4

2.4L 4Cyl Auto, PW,

PL, Leather, Fog Lights, Alloys, only

6 weeks! #CH580928 \$22,977

2009 Dodae Ram 1500 SLT Quad Cab 4X4 5.7L Hemi, Auto, PW, PL. 20" Alloys, Sat. Radio, U Connect, 31K

#11RC9848A

Cars & Trucks for Sale

#u85929





PETS

Dogs

lue Nosed Pit Bull Puppies! 2 girls left Raised in a loving environment. Puppies have been vet checked, dewormed & have received their needles! Call Matt at 579-1717

CAVELIER KING CHARLES SPANIEL PUPS needled, dewormed, vet checked & healthy. 4 - 3 mos - \$800 each. males - 3 yr/ 5 yrs 1 male 3 1/2 years all to be fixed 1 Westie-male for breeding -\$500. 2 shih-tzu's, 1 male, 1 female for breeding selling together \$1000. 902-765-0885

PERSONALS

Personals

A BODY of a 21-year old on a Red Hot Cougar! Full Service 1/2. 1 hour or 2 hours! Call Lana 209-6852 www.RedHotCougar.com

Massage/Therapists



pain...? 902 425 2612 • fa

General Services

HOUSEHOLD SERVICES

General Services

CARPET

Quality Plush /Berber Will do LR & Hall fr \$389. Carpet pad & install included (25yrds) Phil, (902) 444-4766

Movers



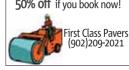
Fast, Friendly Service Local and Long Distance Weekly to Toronto. weekly Vancouver/Alberta 902-864-6683

Trades

ADANAC CONSTRUCTION Free Estimates! Carpentry, Siding, Windows, Doors, Decks and Floors. We build Sheds, Garages etc. FULLY INSURED Call Stephen at 469-0536



Paving Special 50% off if you book now!



Garage/Yard Sales

OPEN THIS SUNDAY

6' Table: \$16 • 8' Table \$22 CALL TODAY 902-463-2561

General Services

 We Recent Driveways We Build Gravel Driveways

We Spray Seal Driveways

FREE ESTIMATES



Trades

WANTED



AREA STIMULATION PROGRAM: 7 homes in Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantial savings in return for helping us create market awareness for the purpose of neighborhood

nediately if there are any copy errors in the advertisement as published. Metro will not be responsible for such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Interlock Roofing Sysytems are of interest to homeowners across North America who want a durable and beautiful roofing solution. Interlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the next 7 homeowners that qualify

Orders will be discounted on a first come first served basis. Interlock Roofing Systems are enviromentally safe, come in many styles and colors, and are backed by a **Lifetime Limited** Warranty, 50 Year Transferable Non-ProRated. Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homeowners across North America will never reroof again with Interlock Roofing System. 100% Financing Available. Please call immediatley if you are thinking of re-roofing, as this is a limited time offer.

> 1-877-446-4407 1-902-864-0700

MaritimeMetalRoofing.com

Junk Removal

TIME TO TOSS IT

Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

Does your parrot talk too much?

Place your ad in Metro classifieds metroclassifieds.ca 1 800 527-6767

ANNOUNCEMENTS

Community Events

Come and join in celebrating INDIA FEST. Aug.12,13, &14th 11am - 9pm at Halifax Forum. Food, entertainment, spices, cultural events etc. Free admission! 902-209-5031

Place your ad in Metro classifieds metroclassifieds.ca 1 800 527-6767

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Crossword

12

15

25

30

33

42

48

Across

- 1 Pro foe
- 5 Recede 8 Porridae-makina
- Bear
- 12 Appear ominously
- 13 Zodiac cat
- 14 Couple, to gos-
- sipers
- 15 In all likelihood 17 Optimistic
- 18 Ms. Lupino
- 19 tunnel syn-
- drome
- 21 Diving bird related
- to the loon 24 Crazy
- 25 Exceptional
- 26 Pajama cover-up
- 30 Blackbird 31 Crazy
- 32 Started
- 33 Germs
- 35 Ran (from)
- 36 Gem used in
- cameos 37 Cecil's pal, on old
- 38 Hole-boring tool
- 41 Raw mineral
- 42 Exam format
- 43 Gymnasts
- 48 Toy on a string
- 49 Drag along
- 50 Stead
- 51 Soon, in verse 52 Lock opener
- 53 Verve

Down

- 1 Matterhorn, e.g. 2 Neither mate
- 3 Overly
- 4 Drink

5 Napoleon's exile isle

39

- 6 canto
- ness with
- 8 Looking glass 9 On

- 20 Sore
- 22 Hindu princess
- Holder 24 Surgical glove ma-

- 7 Refuses to do busi-
- 10 Small plateau
- 11 nitrate 16 Citric drink
- 21 Metric measure
- 23 Attorney General

terial

- 26 Cooing, maybe 27 — podrida
 - 28 Existed
 - 29 Vortex

13

26

44

43

49

52

16

31

18

34

36

- 31 Skeleton compo nent
- 34 Deodorant type
- 35 Weak 37 Sis' counterpart
- 38 Painter Francisco
- 39 Pressing need? 40 BLT spread
- 41 Mass revelry
- 44 Pool stick 45 Have a bug

➤ Yesterday's answer TABSWEAT PRY

46 Afternoon get-together

5	1	B		11		L	t.	E		Ħ	O	E
p	R	0	8	A	T	1		N		0	٧	A
	M		0		E		H		0	٧	E	A
P	É	b	P				Α	N	Ť	1		
D	U	B			£	T			1	S	A	L
p	R	0	D		D	0	G	П	8	1	T	E
5	0	P	A	5		0	R	₿.		0	0	Ν
Т	1	Ü	Т	A	н		A	L	0	N	Z	0
9	1	8	A	1.1	E		1.1	0	A			

Sudoku

10

28

14

35

50

47 Major star

		1				8		
	3	9	7		2	4	5	
6	4						2	3
			6	1	4			
				5				
			3	9	8			
7	1						8	6
	6	8	4		1	7	9	
		5				2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	4	٦	2	3	7	8	5	9
. 5	7	2	9	1	8	3	6	4
9	8	3	5	6	4	2	7	1
2	6	4	1.	7	5	9	3	8
3	9	8	4	2	6	7	1	5
7	1	5	3	6	9	6	4	2
4	3	6	8	9	1	5	2	7
1	2	9	7	5	3	4	8	8
8	5	7	6	4	2	1	9	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Everything There are more than a trillion blades of grass and I only LOVE ONE!!! I LOVE you more EVERYDAY!!!! FROM BLADE OF GRASS

Brim Like someone told me. I cant wait to see where this house takes us next! Love you B FROM J SHOOK

Roomie down the Hall 3 Germorda is coming to an end and I never would have guessed I would walk away with so much! No matter how far or in which country we end up next, we will always have 63 and you will always have me. Love you B

FROM ROOMMATE RULE BREAKER

Today's horoscope

T Aries March 21-April 20 You will be enthralled by a radical idea, but you must not to act on it immediately. **Taurus April 21-May 21** There

is no point making a big issue of something that is really quite triv-II Gemini May 22-June 21 Aim

to do something truly special Gancer June 22-July 22 If you start something new in the shortterm it will bring you fame and for-

Ω Leo July 23-Aug.23 Get out and

tune in the long-term.

about and meet new neo-

TV Virgo Aug. 24- Sept. 22 You don't usually compare yourself to other people, so why start now? ← Libra Sept. 23-Oct. 23 The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer. M Scorpio Oct. 24-Nov. 22 Any

bad feelings you may be having about something you've said or done must be overcome.

₹ Sagittarius Nov. 23-Dec. 21 Under no circumstances should For today's crossword answers and for expanded horoscopes, ao to metronews.ca

you back down or tone down your

opinions.

V Capricorn Dec. 22-Jan. 20 If someone you work with demands that you conform "or else" today tell them to go jump.

🗸 Áquarius Jan. 21-Feb. 18 Some people think you are bad. Others think you are mad. Actually vou are neither. Be vourself, al-









image above and send it to H Pisces Feb. 19-March 20. You play@metronews.ca the winning caption will be need to get tough with yourself about your financial situation. published in tomorrow's SALLY BROMPTON Metro.







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FINANCING AVAILABLE ON



ALL VEHICLES INCLUDE:









2011 SPORTAGE LX AT

NOW GET UP TO IN CASH SAVINGS.

HWY: 6.9L/100KM (41 MPG) CITY: 10.0L/100KM (28 MPG)

2011 **KUNDU** EX 7-SEAT

OWN IT

bi-weekly for 60 months amortized over 84 months. \$7,121 remaining balance. Includes delivery and destination, and PPSA.

DOWN PAYMENT

FOR 90

2011 FORTE LX

OWN IT FROM

bi-weekly for 60 months amortized over 84 months. \$4,974 remaining balance. Includes delivery and destination, and PPSA

PLUS DOWN PAYMENT



FOR 90 DAYS*



HWY: 5.7L/100KM (50 MPG) CITY: 8.1L/100KM (35 MPG)

Join us for Kia Drive Change Day on August 21, 2011. Visit DriveChangeWithKia.ca for details. We can all drive change.

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